

The Facts on 5

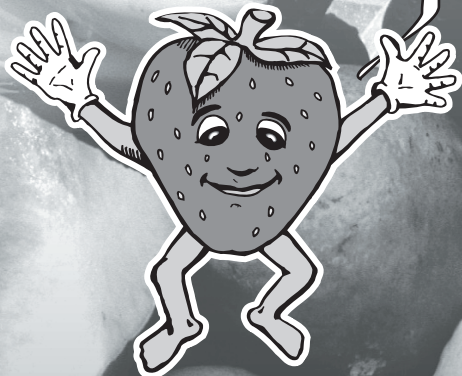
There are lots of good reasons for choosing fruits and vegetables. You probably already know that fruits and vegetables:

- taste great
- are low in calories and fat
- are high in vitamins, minerals and fiber

Did you know?

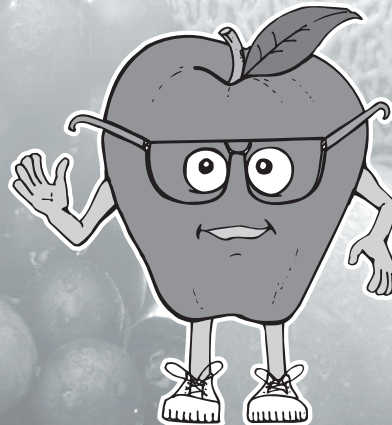
- Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may reduce cancer risk
- Fruits and vegetables are the original FAST and EASY food

Eating at least 5 servings of fruits and vegetables everyday is important to keep you healthy. And it's easy to count to 5!



Mix it up! Variety is the key to 5 A Day success.

- Eat at least one vitamin A rich selection every day.
- Eat at least one vitamin C rich selection every day.
- Eat at least one high-in-fiber selection every day.
- Eat vegetables from the cabbage family several times a week.



This brochure is part of 5 A Day educational series created for you by the South Carolina Nutrition Council.



Win the 5 A Day Challenge



We're Counting
on you!



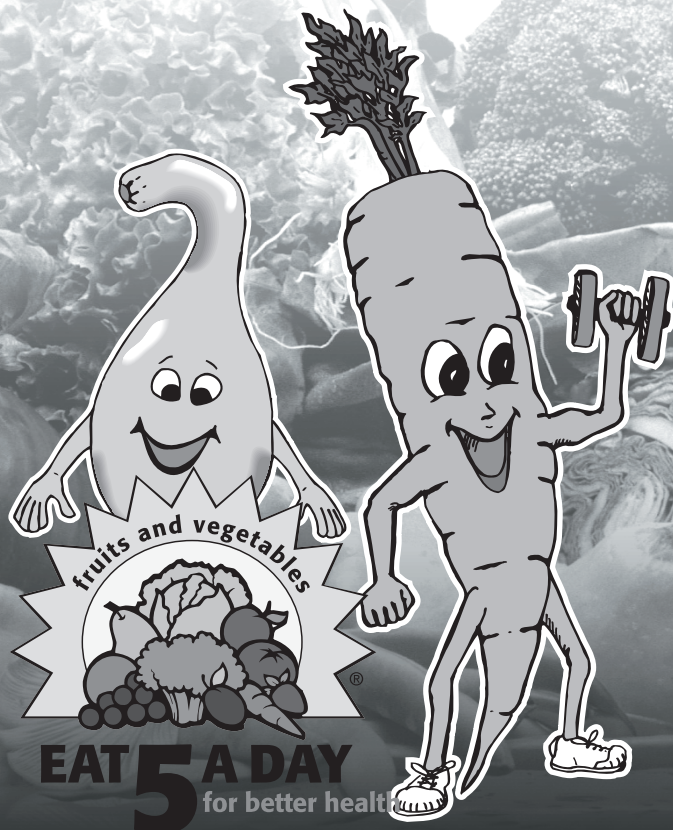
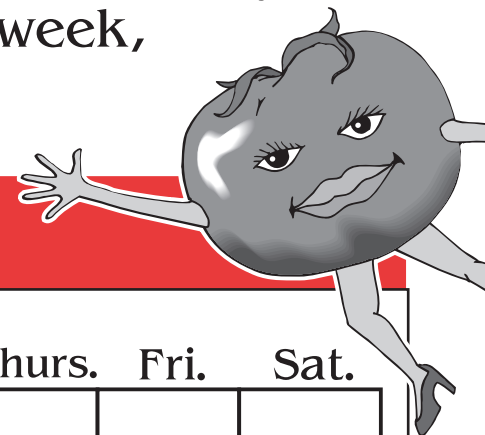
What's a serving of fruits and vegetables?

One serving =

- 1 medium fruit
- 1/2 cup of cut-up fruit
- 3/4 cup 100% fruit or vegetable juice
- 1/4 cup dried fruit
- 1/2 cup raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)
- 1/2 cup cooked beans or peas (chick peas, pinto beans, black beans)

Count your way to 5 A Day!

Write in the fruit or vegetable each time you eat one serving. By the end of the week, you'll be a 5 A Day pro!



DAYS		Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
SERVINGS	1							
	2							
	3							
	4							
	5							

Count up servings every day and you'll be on your way to 5 A Day!